



Public Health Brief

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HEADS UP – A WAKE UP CALL FOR ALPINE COUNTY!

Today we identified a number of new laboratory confirmed cases of COVID-19 infections in Alpine County residents. Public Health is working closely with the individuals to identify all close contacts so that we can take measures appropriate to protect them and our communities. Investigations will be completed in the next few days and numbers will be posted on the Alpine County <https://www.alpinecountyca.gov/AlertCenter.aspx?AID=COVID19-11> and <https://covid19.ca.gov/> web sites at that time. Be assured that if you have not heard from one of the affected individuals or Public Health within the next few days, you are not considered to be at risk of illness from contact with these individuals. No identifying information will be forthcoming due to the small size of our communities.

We have been anticipating this event as we have monitored the increasing number of cases in surrounding counties and states. The case rate per 100,000 people in Nevada is 25.2 – in California it is 11.1. Why has California been doing better than most states during the last few months? It is due to public cooperation with its slow but steady re-opening approach (guidance documents for opening 92 different sectors as outlined: <https://covid19.ca.gov/safer-economy/>). Alpine County has been in the least restrictive “Yellow” Tier 4 – THANKS TO ALL OF YOU!

Across the country, more than a dozen states are reporting record highs for hospitalizations in the last week (more than 41,000 persons hospitalized). Case numbers are higher than those seen during the summer with average daily new cases climbing 70% in the last month. Hospitals in Salt Lake City are overflowing, forcing staff to make difficult decisions about who gets the scarce ICU resources that are available. And remember, there is usually space for more beds, but not an unlimited number of skilled staff to provide the required high levels of care. In addition, over 1,700 healthcare workers have died



Public Health
Prevent. Promote. Protect.

Alpine County Health Department, 75-B Diamond Valley Rd., Markleeville, CA 96120

Alpine County Board of Supervisors, Phone: (530) 694-2281

District 1: vacant, District 2: Ron Hames, District 3: Katherine Rakow,

District 4: Terry Woodrow, District 5: David Griffith

from COVID-19 this year! See: https://covid.cdc.gov/covid-data-tracker/#cases_casesper100klast7days and <https://covid19.ca.gov/>

Some persons say that there really is not a pandemic. However, believing so makes it difficult to explain the over 200,000 excess deaths that have occurred so far this year. See: https://www.cdc.gov/mmwr/volumes/69/wr/mm6942e2.htm?s_cid=mm6942e2_w

What does this mean for all of us?

1. As cold weather is likely to drive more gatherings and dining indoors, the case level appears too high to avoid dangerous levels of infections and hospitalizations in the coming weeks as the cold weather forces changes in behavior. This is going to be a very rough fall and winter. See: <https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/hospitalizations-forecasts.html>

2. Masks are not the “magic bullet”, but are part of a menu of minimally invasive interventions. And, if most of the population uses masks and therefore drive down new cases, the economy benefits! See: file:///C:/Users/drric/Downloads/jama_lerner_2020_vp_200233_1603487426.04603.pdf and https://www.vumc.org/health-policy/sites/default/files/public_files/Vanderbilt%20COVID19%20Report-Oct%2027.pdf

3. It is extremely important to remember that containing the spread of this pandemic relies much more on your personal choices and behavior than it does on any government mandates or restrictions. With Halloween weekend coming up, we all need to consistently practice prevention measures that help limit the spread of COVID-19. Avoid gatherings, especially where people are not keeping distance or wearing face coverings. Avoid mixing with others outside your household. Individuals may be contagious before symptoms of COVID-19 are present. Outdoors is safer than indoors. Persons over age 65 and those with chronic health conditions that put them at higher risk for severe COVID-19 are encouraged to stay home as much as possible. Avoid unnecessary travel. Stay home if you are sick even with mild symptoms.

YOUR ACTIONS SAVE LIVES!
KEEP ALPINE HEALTHY

Wear a mask, wash your hands, keep your distance, stay home if you are sick, minimize exposure and participation in any gatherings

Any questions, call us at 530-694-2146 or our Warm Line at: 530-694-1011



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